How to Last Longer in Bed

by Ryan Hirst

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Introduction

Since time immemorial, men have had two major insecurities: the first is about themselves and their place in the world, while the second is about their lasting power in bed… especially when with another person. Premature ejaculators certainly fall under this category, but even those who are able to last longer want to engage in marathons. It's the natural human desire to have even more.

Alone, it's not so much of a problem, but we are all social animals, after all. As a man, our sexual prowess and ability to go the distance plays a major role in (1) our very identity as men, (2) our (perceived) ability to satisfy our partner, (3) our ability to hold on to our partner, and (4) our ability to attract others… either by boosted confidence or by reputation.

This isn't necessarily about Missy Elliott's Minute Men, the type who can't help but pop before the party even gets started. This is about going the distance without having to recite baseball statistics to yourself, because where's the fun in that?

The ability to last the distance is also incredibly satisfying. While orgasms are wonderful things, it's what happens before an orgasm which makes sex so pleasurable. Unfortunately, once you've had an orgasm, your mind shuts off. Your erection's still there, a line of the most beautiful women (or men, if that's your thing) could be begging for their turn with you; but mentally, you're no longer capable of it. Bummer, huh?

This is why sexual fantasies turned real often disappoint. It's a case of willing bodies but weak minds. Once you shoot your load, your mind goes, "Right, that's that! Now about that baseball game…"

It's not your fault. Women's post-orgasmic shut-off mechanisms are not as absolute as that of men's, which is why the ability to last is not a problem with

them. They also need shorter periods of mental rest between orgasms. Men are less fortunate on both counts. It’s all a matter of biology.

Fortunately, there are things you can do to last the distance.

Fortunately, this book will explain all the things you can do to increase your own staying power, as well as some of the surprising findings by the medical and scientific community. I'm also going to share some of the common myths about sex, why they get spread, and explain what the research shows to be true in terms of how long most people actually last. Finally, we’ll discuss the problem of minute men and the options available if you are one.

So if you're ready to be surprised, intrigued, and entertained all while learning how to increase your sexual stamina, let's get started!

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Chapter 1: Stop Comparing Yourself to Porn

The great thing about modern technology is that it's made life so much easier. The problem with modern technology is that it's also made porn so easily available… among other things, of course. And the problem with porn is that it sets very unrealistic expectations about what goes on in bed, as well as what the ideal sexual partner should be like.

Whether straight, gay, or bi—porn instills the expectation that men can be like the Duracell Bunny which just keeps going and going and going. Unfortunately, this is a myth which sets extremely unfeasible standards about what the ideal, sexual man should be like.

We have our Puritan background to blame. While we've come a long way, we've not come as far as they have in some European countries. Sex Ed, in those American schools which offer it, is limited to anatomy lessons, STDs, pregnancy, and what to do in order to avoid the last two.

How to actually have satisfying sex is limited to rumors, jokes, and the booming porn industry. What most fail to consider is the magic of editing. Editing allows one man to satisfy several partners, either simultaneously or one after the other, and still have enough energy left to play a game of baseball after the last gasping, panting, and heaving.

There's also chemistry. Some make use of desensitizing creams which… well, desensitizes the organ. The downside, of course, is that it makes sex less pleasurable. Then again, porn is about pleasuring you the viewer, not the actors.

There's also the industry's traditional desensitizer—coke. Seriously. Cocaine has long been proven to mitigate and delay ejaculation in men. While it increases adrenaline, boosts confidence, and can make people feel sexier, as a result, it also inhibits sexual function, itself

Finally, it encourages the myth that women love to be banged for hours on end. Here's a factual tidbit for you—women's vaginal walls are not made of skin. Technically, they're made up of a fibromuscular material that… oh heck, never mind. The point is this—rub against it for 20 to 30 minutes nonstop, and even KY won't keep hers from getting sore, numb, and probably pissed off at you.

Because men are designed to play the penetrative role, and because most orgasm only through direct genital contact, there is the erroneous assumption that women only get off by being penetrated. Nothing can be further from the truth, but we'll deal with that later.

The point is that you have to stop comparing yourself to porn actors when they're on duty. They do have private lives off-screen, you understand? What they depict is an ideal (for some, at least), a fantasy, and extremely unreachable ones, at that.

If your idea of lasting the distance is based on porn industry standards, then you're setting your bar impossibly high. As such, you will only end up disappointed.

So don't base your lasting power on male porn actors. Stop making life hard for yourself and understand that those men are about as realistic as Bruce Willis constantly saving America and the world single-handedly. Enjoy your videos, but when they're over, get on with real life.

Chapter 2: Acknowledging the Real Numbers

How long does the average, not-on-screen couple *really* have sex? What constitutes as too quick or not long enough? And finally, what qualifies as a long time? Excellent questions.

Unfortunately, no one really knows. Despite all the sex advice which magazines give out, as well as ground breaking studies like the Kinsey and Hite reports, no absolute consensus regarding these questions exists. Perfectly understandable, given the extremely private nature of the subject matter.

That said, there seems to be some kind of average range, backed up by data from various medical associations around the world, including the American Medical Association. So let's look at some of these average figures—extremely heavy emphasis on the word "average."

The average period of time a heterosexual couple spends on a quickie lasts between 3 to 5 minutes. This refers strictly to vaginal penetration. The average period of time that a heterosexual couple spends "making love" (again in reference to actual vaginal penetration), is between 7 and 13 minutes. Neither case includes foreplay and whatnot. Most men and women believe that the ideal maximum period for vaginal penetration should last about half an hour. Of those women who've actually enjoyed that privilege, however, about half say it was too much.

Roughly half of all women say they have difficulty achieving orgasm through vaginal penetration. Only about 25% of female respondents claim to achieve consistent orgasms through direct vaginal penetration. On the other hand, a whopping 81% claim to achieve consistent orgasms through oral sex.

These figures, though somewhat higher, sort of tally with the Hite and Kinsey reports. It's believed that cultural changes, women's lib, and greater sexual

freedom since those studies were made, could be a contributing factor.

And how about men? Ah. The *Journal of Sexual Medicine* suggests that the mean average period of time between penile stimulation and orgasm lasts about 5.4 minutes. In case you've forgotten your grade school math, mean average is the middle range, which means that men can cum between 1 to as long as 10 minutes. Some men, however, can last for as long as 20 minutes and even longer.

As to premature ejaculation, there is no real consensus on this issue. Some doctors believe that it's a non-issue since there are men who can last far longer than the mean average, but still think they're minute men. There are also those who last barely three minutes, and think they're the "me love you long time" kind of guy. You can already tell who watches too much porn and who doesn't, huh?

There are also men who can be so sexually stimulated that they are capable of orgasm without direct genital contact. Imagine that? They look at something that turns them on, and poof! There they go!

That said, few men are consistently anything (something most women would no doubt agree with). Some men can last longer than twenty minutes on some days, and on others, there they blow (pun intended)! It all depends on age, mood, state of health, diet, stress level, how much their partner turns them on, *etc.*

Generally, doctors recognize that premature ejaculation occurs mostly in young men from 12 to 25 years of age. It's believed, however, that this condition is not a biological phenomenon, but a cultural one, instead.

Our culture has ingrained in us the idea of an Almighty God who's psychotically obsessed with what we do when we're naked, for some reason. Sex outside marriage is a cause for guilt, and yet, there are urges… so the quicker boys can get it over with (especially if they don't have their own rooms), the better. Over

time, this quickie becomes an ingrained habit that carries over when they can finally get a partner.

As you can see, there is no real standard when it comes to sex, how long it should last, how long men and women want or think it should last, and how long either can actually last. There's not even a consensus on whether or not a man can be considered to be a premature ejaculator. From an evolutionary standpoint, a man who cums quickly is one who ensures the continuation of the species.

To be fair, however, most doctors insist that the condition exists, and provide various treatments for it—ranging from medical treatments to psychological ones. Often, it is a combination of both, but we'll get to that bit later.

You know that everyone is different; otherwise, we'd have a hard time telling each other apart. But those differences aren't just skin deep. Not everyone is built to be an athlete, and not everyone is designed to be an Einstein. We are all unique, with equally unique abilities and talents. How you work with what you have is key.

If you get anything at all from this chapter, go back to what the Kinsey and Hite reports, as well as various medical associations, found out about women and orgasms. Most don't get off (at least not consistently) from vaginal penetration alone.

But what if you're gay? For that, go back to the part about working with what you've got.

What that means is that you have to learn to use your imagination and the rest of your body better. This applies to everyone, men and women, as well as the straight, the gay, the bi, and the undecided.

Chapter 3: Being Present in the Moment

The worst thing you can do when having sex with someone else is to be physically present, but mentally absent. This harks back to the thing about baseball scores. Letting your mind wander off in an attempt to prolong sex and delay orgasm is akin to using creams to desensitize your organ, as well as taking certain recreational pharmaceuticals to numb your mind.

Since you can have an orgasm anytime, thanks to your best friend, Mr. Hand, why waste the gift of another warm and willing body? Such a shame!

The first thing you have to do, therefore, is calm down. Those who study sexual performance issues in men suggest that besides habit (the habit of getting off quickly so you don't get caught), the leading cause of sexual dysfunction is anxiety. Yes, anxiety.

Mr. Hand doesn't judge, but there is the fear that your partner might. But did it ever occur to you that your partner might have anxiety issues, as well? Sometimes, the best thing you can give another person is your full and undivided attention.

One of the best ways to reduce anxiety is by reducing your respiration. For this trick, we look to the East, where they've generally been more open and frank about the subject matter of sex… which also probably explains why the population in these countries increases rapidly.

If you pay attention to how you (and those actors) have sex, you'll notice that there's a lot of rapid breathing, often with the mouth open. This is what people who run marathons and engage in other strenuous activity do.

This is because breathing quickly, and with the mouth open, gets oxygen into the body more quickly, expels carbon more rapidly, and pumps the heart a lot faster.

When these conditions are met, the body becomes more excited, more energetic, and also more stressed.

By contrast, breathing only through your nose with your mouth closed slows down your respiration. The moment you do this, you send a signal to your brain that all is well, that there's nothing to be worried about, and to calm down.

Blood pumps through your system a lot slower, you become calmer, become less energetic, and far less stressed. This is why nervous or upset people instinctively take deep breaths. It's not a placebo, it really works.

So the next time you find yourself with a partner and start getting overly excited, relax, close your mouth (unless it's to kiss and to… well, you know), and breathe deeply through your nose. Doing so brings you back to the present, calms you down, and allows you to focus on your partner, as well as what you're both doing. Or are about to.

While you're meant to have fun, it is mannerly to also be considerate of your partner's wants and needs. You can't do that if your mind is on basketball scores. You can only do that by paying very close attention, which is possible only when you're calm and relaxed.

Chapter 4: Taking Advantage of Foreplay

If the studies are true, only few women get consistent orgasms through vaginal penetration, alone. What this means is that Mini You can take a break.

Look at it this way—if you can knead dough, sculpt stone, mold clay, lift weights, row a boat, bounce or hit balls, or even type on your computer for hours on end, imagine what else you can do with your hands. And if you can lick an ice cream cone for… however long it takes you to lick them, imagine what else you can do with your tongue?

Genital contact is all well and good, but that's not the only thing that turns people on. If the only thing that made men horny was genitalia, there'd be far more close-ups available. People are turned on by faces, by bodies, by voices, by clothes, by so many things (including shoes, in some cases, of all things). So why limit yourself to mere genital contact?

Women are not often ready for vaginal penetration after a kiss, a caress, and/or a single boob grope. Men who think they are develop a bad reputation and deservedly so. Those types are called Lousy Lays. There's no point in having marathon sex if you're the only one who's having fun.

It sometimes takes a while for some women's juices to literally flow, and while KY can help when things are going slow, it's best to let nature take its course. Doing so also makes penetration easier and more pleasurable for you.

If you know you're getting close to the point of no return, withdraw and reintroduce your partner to your hand, to your fingers, or to your tongue. In the Kama Sutra, they even suggest your toes, eyelashes, and nose.

If you're wondering about the eyelashes thing, you can flick it over the nipples, the vaginal lips, and over the clitoris. Flicking your eyelashes over nails, elbows,

and knees is obviously useless, because those are less sensitive parts of the body. If you really need instructions on using your toes and nose, I suggest getting yourself a copy of the Kama Sutra.

While some men are masters of cunnilingus, others are completely clueless about it. So the first bit of advice you need is to be careful with your teeth. The best thing to do if you're a novice is to simply press your flat, still tongue against her vulva. With that as your opening, she'll know you're into it and will start doing the work. Pay close attention to what works for her and react accordingly.

There is of course kissing and a heck of a lot of other things, but the point is that sex should never just be about your dick. Nor should it just be about your dick in her vagina. Sex can be as good or as bad as you and your imagination allows. Since your dick getting off usually ends sex, give it a break by using the other parts of your body effectively and with a lot of imagination. When in doubt, ask your partner what she or he wants.

Chapter 5: Mastering Your Pubococcygeus Muscle

Most everyone just calls it the PC muscle for short. It's shaped like a hammock and stretches between your pubic region all the way to your ass, which is about as technical as we need to get about it.

The PC muscle does a lot of things, but for the purposes of this book, it's what helps you hold your crap and your pee in when you can't find a toilet right away. It also helps you shoot your load during orgasm. Those with weak or damaged PC muscles have difficulty holding their water and their solids, and may also have weak orgasms.

So it stands to reason that the stronger your PC muscle is, the more you can hold back, and the more powerful your explosions will be. Those who train their PC muscles even report being able to have multiple non-ejaculatory orgasms.

In case you're scratching your head over that one, you should know what they've known in the Far East for thousands of years, and what our own doctors have recently confirmed. Men's orgasms and ejaculation are two completely separate and independent processes. Because they usually happen at the same time, we think of them as one and the same thing, but they're really not.

There are exercises mentioned in some Indian and Chinese texts which allow men to have the orgasm without the ejaculation. This allows them to have multiple orgasms. In case you think it's a myth, it's not. They've actually been able to observe the phenomenon in lab settings.

The key lies in exercising the PC muscle. To do so, you have to first learn to relax your entire upper body and isolate your PC. You do this by squeezing your groin and your anus as if you were trying to hold off from taking a crap and from taking a leak at the same time.

If you find yourself tensing your stomach and lower back, you're doing it wrong. These have to stay relaxed, since it's the only way to isolate the PC, itself. It's also exhausting if you have to tense your entire torso, as well.

Try to do ten quick squeezes followed by ten longer squeezes with a few seconds break in-between. Start slow and build up your exercise period gradually. You can do these anytime and anywhere, whether seated or standing up.

Another exercise you can do is to stand up and pee. Once you've got a good flow going, stop it by squeezing your PC. Let the flow start and stop until it's all gone. The quicker and more completely you can stop the flow, the better you're getting at it.

Once you've built up your strength, get an erection and balance a wet hand towel on your dick. Lift that towel only by squeezing your PC several times. It's like working out with weights. If you get really good, place a heavier towel to give yourself a more challenging workout.

Chapter 6: How to Master the Churning of Butter

If you've ever paid attention to your masturbation sessions, you'll notice that you can prolong or speed things up based on the type of stroke you use. Some like grabbing their dicks tightly and some prefer a lighter touch. Some prefer to go at light speed like a jack hammer, while others prefer a more leisurely, almost meditative pace.

Because your penis has different nerve endings, some parts tend to be more sensitive than others. Changing your stroke, speed, and grip can therefore affect your performance and delay orgasm without mitigating the pleasure.

The Kama Sutra calls this process the Churning of Butter. In case you don't understand that phrasing, that's how butter was traditionally made, even back in Europe. They put milk in a jar, jab a hole at one end, put a stick in, and plunge away. This action churns the milk to create curds that eventually turn into butter.

So the first thing you have to do is make your way inside her. Once in, you vary your rhythm in any one of several ways.

1) **Slow Shallow Slow Deep**

This involves several slow and shallow thrusts, no deeper than half the length of your cock. Withdraw slowly, but don't do so all the way, making sure to keep a small part of you still inside.

As you start getting closer to an orgasm, go in all the way, but still keep it slow. Be sure to pay close attention to your partner, however. If she (or he) starts showing signs of pain, you're probably going in too deep for comfort.

2) **Fast Shallow Fast Deep**

This is the same as above, but you go faster. This should only be done when

your partner is comfortable with your thrusts. To know that, pay close attention and forget those basketball scores.

3) Fast Shallow Slow Deep

In this one, you do several quick thrusts, taking care to not pull out all the way. As you get closer to an orgasm, you slow down but plunge in deeper, again taking care not to pull out all the way.

4) Slow Deep Full Withdrawal

This one requires moving in all the way (depending on what your partner can take) and withdrawing so you pop out completely. Repeat!

You must *never* do a faster variation of this because of the risk of getting carried away. Some men literally injure their penises when they miss and bang their hard-ons, even on a yielding surface, but there's no room to discuss any of that here.

5) Thrust then Rotate

In India, they have another technique for making butter that doesn't involve thrusting into the jar. They put the stick in, leave it there, then twist the stick.

So this exercise has you thrusting straight ahead. When you find yourself getting close to an orgasm, go deep, stay inside, and rotate your hips as if doing the twist.

A variation is to thrust, but as you near orgasm, you don't plunge in. Instead, you keep thrusting in and out while doing the twist with your hips. This moves your penis to the right and left, putting pressure on one side of the base of your shaft, then the other.

6) Cobra Thrust

In this method, you vary your thrust by raising yourself up a little and lean backward, like a cobra about to strike. So, say you're doing the missionary position, as you get closer to an orgasm, lift yourself up so your penis gets pulled down. What this does is to constrict the base of your penis a little, buying you a little more time.

7) Cradle Thrust

This one requires you to make your way as deep inside as your partner can comfortably take it. Once in, you stay in, but move your hips from side to side and by doing the twist again. You can even thrust, just avoid moving in and out. Your aim is to keep your dick inside while providing stimulation along the outer vaginal walls.

A variation of the cradle thrust involves kneeling before your partner while she lies on her back facing you. Without thrusting, you stimulate her clitoris (or his dick) with your fingers and/or groin.

You should obviously vary these styles depending on your need and the situation. Nothing is more boring than a predictable sex by the numbers game, especially in a committed relationship.

Chapter 7: Five Other Tips to Last Longer

There are so many other techniques to help you last in bed, so they've been put here.

1) Jacking Off

No, seriously. If you know you're about to have a hot date and have a reasonably good chance of scoring, jack off before you go out. Remember how men have both a mental and physical shut-off mechanism? Doing yourself at least an hour before doing someone else is a time-honored way of going the distance.

2) Being Cut

Studies have shown that uncircumcised men tend to reach orgasm more quickly than circumcised men. Circumcision desensitizes the tip, you see? Which gives strength to those who suggest that premature ejaculation is nature's default. In Japan, this is a given, which is why, besides condoms, they also sell plastic disposable covers which… well, they cover the corona to desensitize the tip.

3) Vegetarianism

This one surprised a lot of people when Yale first published their results, but other medical establishments have joined the band wagon in support of those findings. Apparently, vegetarians last longer in bed than non-vegetarians.

In case you're wondering, they're not talking about vegetarian body builders and the like. It was discovered that 69% of sedentary vegetarian men lasted an average of 15 minutes longer than 13% of meat-eating athletes.

As an aside, it was also found that men and women alike much preferred the taste of vegetarian semen over their meat-eating counterparts.

4) A Spare Tire

This discovery made an even bigger stir, but it's not recommended. In 2010, it was found that men with belly fat lasted about 7.3 minutes longer than their thinner counterparts. It's because those with belly fat have higher amounts of estradiol in their systems. This is the female sex hormone, a well-known sexual inhibitor.

Before you think of putting on those pounds, please bear in mind that belly fat is the most dangerous form of fat because it affects the vital organs. And why would you want your sexual impulses inhibited?

5) Viagra

Yup. We're talking here about the real thing, not the cheap and potentially dangerous Chinese knock-offs. Viagra boosts sexual performance, treats erectile dysfunction, and helps men last longer in general. It also works on women, apparently.

Chapter 8: Getting Control of Premature Ejaculation

So we get here, at last. This is a sensitive topic, as has already been explained, since there is no real consensus about how to define it, what its exact causes are, and how to treat it.

As far as the American Medical Association is concerned, anyone who cums before sexual contact, within a minute of it, or even without direct sexual contact, qualifies as a premature ejaculator. So they acknowledge that the condition exists. What they don't agree on is what causes it and how to treat it.

Yet even their definition is in contention, because some argue that it's a preference, while others say its conditioning. Most men have experienced it at least once at some point in their lives. Still others who are premature ejaculators are not aware that it's even a problem and don't consider themselves to be "preemies." Others do not qualify as preemies, but because they've fallen for the porn hype, believe they are.

Some have made their peace with it, and still others manage to have satisfying sexual relationships despite it. In other words, not all men who have it think it's the end of the world. And because of this, some doctors and medical establishments insist that it's simply not an issue.

How you personally feel about it is up to you, but at least now you understand that there's another side to the so-called "condition."

If you do have a problem with it, your best bet is to see a medical professional. And not just one, but several. It's entirely possible that in your case, the situation is neither psychological nor the result of conditioning, but due to lifestyle factors like drugs, tobacco, or alcohol. It's even possible that it's the result of a medical condition, but again, that's up to a doctor and therefore beyond the scope of this book to discuss.

At the risk of sounding repetitive, remember that sex and sexual satisfaction is far more than just genital contact. If you are a preemie and get off rather quickly, then at least you got some satisfaction. If your partner is left wanting, however, then remember that you have other ways to satisfy him or her.

You are limited only by your imagination and by your preconceived notions. Don’t let the preconceived notions of others define or limit you.

Conclusion

There are so many ways to prolong your time in bed without resorting to creams and drugs, and without distracting your mind with baseball or math tables. The trick lies in understanding your body, appreciating that sex isn't just about your penis, and realizing that your entire body is a sexual organ.

Don't judge yourself by unrealistic porn standards. Use your partner's reactions, instead. More important than staying power is your ability to give and receive pleasure.

Finally, I'd like to thank you for downloading this ebook! If you enjoyed it or found it helpful, I'd greatly appreciate it if you'd take a moment to leave a review on Amazon. Thank you!

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